A Book of Cookrye:

very neceſſary for all ſuch as delight therein.

(*.*)

Gathered by A. W.

And now newlye enlarged with the ſeruing in of the Table.

With the proper Sauces to each of them conuenient.

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A

THE NEW YORK

The order how meats should be serued to the Table with their sorts.

The First Course.

Potage or stewed broth.
Boyled meat or stewed meat.
Chickins and Bacon.
Powdred Beef.
Pyes.
Goose.
Pigge.
Rosted Beef.
Rosted Veale.
Custard.

The second course.

¶ Rosted Lamb.
Rosted Capons.
Chickins.
Pehennes.
Bake Venison, Tart.

The seruice at Supper.

Potage or Stew.
A Sallat.
A Piggs petitoe.
Powdred Beef sliced.
A shoulder of mutton or a byef.

Viele.
Lamb. Custards.

The Second course.

Capons rosted.
Cunnies rosted.
Chickins rosted.
A pye of Pigions or Chickins.
Baked Venison.
Tarte.

The service at dinner.

Brawne and Mustard.
Capons stewed in white broth.
A Pestel of Venison upon brewes.
A chine of Beef & a brest of mutton boyld.
Chewets or pyes of fine mutton.
Three green geese in a dish, Sorrel sauce.
For a stubble Goose mustard & Vinagre
After Alhalowen day a Swan, sauce Chaudron.
A Pigge.
A dubble Rib of Beef rosted, sauce pepper and Vinagre.
A loyne of Veale or brest, sauce Orenges.
Half a Lamb or a Kid.
Two Capons rosted, sauce wine & salt, Ale and Salt except it be upon sops.
Two pastes of stalow Deer in a Dish.

A Custard.
A Dish of Leach.

The second course.

JElly.
Pecock, sauce Wine and Sugar,
Two Cunnies or half a dosen of rabbets.
sauce Mustard and Sugar.
Half a dosen of Chickins upon sauced sops.
Half a dosen of Pigions.
Mallard.
Teale.
Gulles.
Stozke.
Hernsew.
Crane.
Curlew.
Bittur.
Pusard.
} Sauce Mustard and Vinegar.
Feland, sauce water and salt with Onions sliced.
Half a dosen of Woodcocks, sauce Mustard and Sugar.
Half a dosen of Partridges.
Half a dosen Raules, sauced as the Feland.
A dosen of Quailes.
A dish of Larks.
A patty of red Deere.

Tart.
Ginger bread.
Fritters.

Service for fish dayes.

Butter.
A Bailee with hard Egges.
Potage of lang Eeles and Lampions.
Red Herring green broyled sugar strewed upon.
White Herring.
Ling.
Hab or Nab.
Salt Salmon minced, sauce Mustard and Vinagre and a little Sugar.
Powdred Cunger.
Shad.
Mackrel.
Whiting, sauce with Liver and Mustard.
Plaice, sauce Sorel. or Wine and Salt, or Vinagre.
Thorne back, sauce liver and mustard, pepper, salt strewed upon it after it is brused.
Fresh Cod, Sauce Gratidware.
Bace.
Mullet.
Eeles upon Sops.
Roches upon Sops.
Perch.

Pike

Pike in pike sauce.
Trout upon sops.
Tench in Gelly with Crisped
Eeles.

The Second course.

¶ Flounders in pike sauce.
Fresh Salmon.
Fresh Conger.
Waft.
Turbut.
Dolphin.
Mullets upon sops.
Carp upon sops.
Soles or any other fish fried, save the
dripping.
Rockes Lampreys.
Fresh Sturgeon.
Creuice.
Crabs.
Shrimps.
Tart.
Figges.
Apricocks.

Sauce for a rosted Capon.
Sauce for a rosted Goose.
Sauce for a rosted Pig.
Sauce for a rosted Rabbet.
Sauce for a rosted Coney.
Sauce for a rosted Pheasant.
Sauce for a rosted Partridge.
Sauce for a rosted Quaile.
Sauce for a rosted Larke.
Sauce for a rosted Rayle.
Sauce for a rosted Curlew.
Sauce for a rosted Heron.
Sauce for a rosted Bittor.
Sauce for a rosted Crane.
Sauce for a rosted Bustard.
Sauce for a rosted Peacock.
Sauce for a rosted Swan.
Sauce for a rosted Turkey.
Sauce for a rosted Cocke.
Sauce for a rosted Hen.
Sauce for a rosted Chicken.
Sauce for a rosted Duck.
Sauce for a rosted Mallard.
Sauce for a rosted Teale.
Sauce for a rosted Wigeon.
Sauce for a rosted Snite.
Sauce for a rosted Woodcocke.
Sauce for a rosted Plouer.
Sauce for a rosted Dottrell.
Sauce for a rosted Partridge.
Sauce for a rosted Quaile.
Sauce for a rosted Larke.
Sauce for a rosted Rayle.
Sauce for a rosted Curlew.
Sauce for a rosted Heron.
Sauce for a rosted Bittor.
Sauce for a rosted Crane.
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Sauce for a rosted Duck.
Sauce for a rosted Mallard.
Sauce for a rosted Teale.
Sauce for a rosted Wigeon.
Sauce for a rosted Snite.
Sauce for a rosted Woodcocke.
Sauce for a rosted Plouer.
Sauce for a rosted Dottrell.

To make sance for Capons or Tame Fowles.

TAke Onions and slice them thin, and boyle them in faire water till they be boyled dry, and put some of the graue vnto them and pepper grose beaten.

Sauce for a rosted Stock Doue.

TAke Onions and mince them not to small, and boyle them in a little claret wine, and when they be boyled almost dry: put therto Vinagre, Sugar, Pepper, and some of the graue of the stockdoue.

Another sance for Capons an other way.

TAke Claret wine, Nutmegs sliced, Cloues, Cinnamon and Ginger, and lay it vpon Sops, and lay your Capon vpon it.

Sauce for Capons, Phesant, Partridges or Woodcocks.

ONions sliced very thin, faire water and pepper grose beaten.

Chaldron for a Swan.

TAke white Breade and laye it in some of the broth that the Giblets be

be fod in, and ſtraine it with ſome of the bloud of the Swan, a little peece of the Liver alſo red with wine, and make it ſomewhat thin, and put it in Cinnamon and Ginger, pepper, ſalt and ſugar, & boyle it vntill it be ſomewhat thick, and put in two ſpoonfull of the grauy of the Swan, and ſo ſerue it in ſaucers being warme.

Galandine for a Crane or a Hearne or any other Fowle that is black meat.

TAke the fleſh and laye it in ſoke in Vinegar, and ſtraine it with Vinegre and a little Claret wine, boyle it with a handfull of coles and put in it Sugar, Cinnamon and Ginger.

For Sturt and Porpeſces.

To ſeeth a Capon.

TAke the beſt of the broth of the pot and put it in a pipkin, and put vnto Currans and great Raiſins, Dates quartered and Onions ſine minced, Grayned

ued Bread and Wine, and let them boile wel togither. When they be well boyled put in your pottage, season it with Cloues Mace, Pepper and very little Saffron, a spoonfull or two of Verges, and let it not be too thick. And your Capon being boyling in a pot by it self in fair water, salt to keep it faire, and thus you may boyle a Chicken, Vele, Beef, or Mutton after this sort.

To stue a Capon in Lemmons.

SLice your Lemmons and put them in a platter and put to them white Wine and Rose water and so boyle them and Sugar till they be tender. Then take the broth of the broth wherin your Capon is boyled: and put thereto whole Mace whole pepper & red Corance, Barberies, a little Time, & good store of Parsly. Let them boyle wel togither til ỹ broth be almost boyled away, that you haue no more then will wet your Sops. Then poure your Lemmons vpon your Capon & season your broth with Verjuice, and Sugar and put it vpon your Capon also.

To boyle a Capon in White broth.

Boyle

BOyle your Capon in faire liquore and season it as you hope it to bee, but you must boyle your other meat with it, take the best of the broth and as much Verjuice as of the broth if your Verjuice be not to sower, and put thereto whole mace, whole pepper, and a good handfull of Time, sweet herbes, a little bundle of sweet herbes, let them boyle, then put in a good peece of Sugar, and boyle them all together. Then take the yolkes of Eggs sodden hard, strain them and thicken it withall, & boyle your parmes by themselues and lay vpon your Capon poure your broth vpon your Capon.

Then may you boyle any thing in white broth.

How to boyle a Capon in white broth.

FIrst take off the two sides, breake them and boyle them and take out the marrow. Then lay the your Capon in the same liquore. Then take the best of the liquore in a faire pan & let it boyle, then put in your Capon, Dates

cakes and prunes & boyle them in a pot by them selues till they be plum, then take them vp and put them into your broths. then put whole Mace to them and a good quantitie of beaten Ginger & some Salt. Then put the Marrowe that you did take from the Bones, and strain the yolkes of Egges with Vinager and put them into to your broth with a good peece of Sugar, but after this it must not boyle. Thē take Bread and cut therof thin sippets, and lay them in the bottom of a Dish. Then take Sugar and scrape it about the sides of the Dishe and lay theron your Capon, & the fruit vpon it and so serue it in.

To make Sops for a Capon.

TAke Tostes of Bread, Butter, Claret wine and slices of Orenges, and lay them vpon the Tostes and Sinamon, Sugar and Ginger.

To make Sops for Chickins.

FIrste take Butter and melt it vpon a Chasingdishe with Coales, and lay in the Dishe thin Tostes of Bread, and make sope sauce with Vergious and Gooseberies, lety them with a little Ver-

gious

gious and lay them vpon.

To boyle a Capon in Browes

YOu muſt boyle your Capon with fat meat, then take the beſt of the broth and put it in a pipkin, & put whole Mace to it, whole Pepper, ſome red Corance, half aſmuch white wine as you haue of broth, good ſtore of Marow and dates, and ſtrain them clean and keep your licour very cleer, and ſeaſon it with Vergious and Sugar, and then laye your Capon vpon browes finely cut and ſo poure your broth vpon it.

To boyle a Capon.

TAke your Capon and boyle it tender and take out a little of the broth and put it in a little pipkin with whole mace and a good deale of Ginger, and quartered Dates, and boyle your Corance and prunes in very faire water by them ſelues, for making of your broth black. And thicken your broth with yolks of Egges and wine ſtrayned together or a little Vergious & let your broth boyle no more when you haue thickned it for it will quail. The

cut

cut sippets in a platter and lay in your vp-
pon and lay your fruite vpon it, so doing
serue it out.

To boyle a Capon with Oranges or Lemmons.

TAke your Capon and boyle him ten-
der and take a little of the broth that
it is boyled, and put it into a pipkin, with
Mace and Sugar a good deale, and pare
your Oranges and pil them and put them
in your pipkin, and boyle them a little a-
mong your broth, & thicken it with wine
and yolkes of Eggs, and Sugar a good
deale, and salt but a little, and set your
broth no more on the fire, for quailing and
serue it in without sippets.

To boyle a Cony with a Pudding in his Belly.

TAke your Cony and flea him, & leave
on the eares and washe it faire, and
take grated Bread, sweete suet minced
fine, Currance and some fine hearbs, Pe-
nirall, winter sauery, Percely, Spinage
Beets, sweet margerom, and chop your
hearbes fine, and season it with Cloues,

Mace

Sugar, & a little Creame and fine and yolks of Eggs, and Dates minst fine. Then mingle all your stuff together, and put it in your Rabets belly and sowe it up with a threed. For ỹ broth, take mutton broth when it is boyled a little, and put it in a potte where as your Rabet may lye long wise in it; let your broth boyle or ever you put it in, then put in Gooseberries or els grapes, Corance and sweet butter, Verjous: Salt, grated Bread and sugar a little, and when it is boyled: lay it in a dish with sops. And so serue it in.

To boyle Chickins or Capons.

FIrst boyle them in faire water till they be tender. Then take Bread and steep it in the broth of them, and with the yolks of foure or five Egges, & Verjous or white Wine straine it and then with season your broth and your Capon in it. Then take Butter, persly and other smal herbs, and chop them into it. And so serue them forth upon sops of Bread.

To seeth Chickins in Lettice.

TAke a neck of Mutton with a Marrow bone and so let it seethe, and scum it clean

clean and let it boyle well together, and when it is inough: then take out some of it and straine it, and put in your Chickins. Then take a good many Lettuce, and wash them clean and put them in. Then take a little white Bread and straine it and put it into the pot to thicke it withall. Then put a little whole mace to season it with Pepper and Vergious, and a little Sugar & cut Sops and lay them on, and put on the marrowe and so serue them.

To boyle Chickins with hearbs.

TAke your Chickins and scalde them and truſſe the winges on, & put their feet vnder the winges of your Chickins, and set them on in a little pot and temm them faire, when they haue boyled: put in Spinage or Letuice a good deale, and Rosemary, sweet Butter, Vergious, salt, and a little Sugar and strained Bread with a little Wine, and cut sippets, and serue it out.

So may you boyle Mutton, or Pigions, or Conny.

To seeth Hennes and Capons in Winter, in white Broth.

Take

TAke a neck of mutton and a marrow bone, and let them boyle with the Peanes together, then take Carret roots and put them into the Potte, and then strain a little Weade to thick the pot with all and not to thick, season it with Pepper and Vergious, and then couer them close and let them boyle together, then cut Sops and put the broth and the marrowe thrue, and so serue them.

To stue Capons.

TAke the broth of your Mutton boyled and put thereto a little whole Pepper, and a little whole Mace, Perseyne, and Time and boyle them. Then put in halfe a dishe of sweete Butter, Vergious, and a peece of Sugar. Then take a good quantitie of Goseberies, and boyle them by them selues in a little broth and poure them vpon your Chickins. Put into your broth a spoonfull of Yest.

To stue Sparrowes.

TAke Ale and set it on the fier, and when it seetheth: scumme it, and then put in your Sparrowes and small Rai-

ſins, ſugar, and Sinamon, Ginger. and Dates, and let them boyle togither, and then take marrow or Butter and a little Vergious and keep it cloſe. And when it is enough: make Sops in Platters and ſerue them forth.

To ſtue Sparrowes.

TAKE good Ale a pottell, or after the quantities more or leſſe by your diſcretion, and ſet it ouer the fire to boyle, and put in your Sparowes and ſcum the broth, then put therein Onions, Percely Time, Roſemary chopped ſmall, Pepper and Saffron, with Cloues and Mace a fewe. And make ſippets as you doe for fiſh and laye the Sparrowes oppon with the ſaid broth, & in the ſething put in a pece of ſweet butter and Vergious if need be.

For to ſtue Larkes.

FIrſt take them and draw them clene and cut off their feet, and then take a good deale of wine in a platter, & take a good deale of Marow, & put it in the wine & ſet them on a Chafing diſhe, and let them ſtewe there a good while, then take

take a quantitte of small Raisins & wash them cleane and put them into the broth, and take a little Sugar, and Cinamon, and a few crumes of manchet bread and put them into the Larkes, and let them stue altogither. Then take and cut halfe a dozen Tostes, and laye them in a Platter then put them in a Dish with broth, and serue them out.

To stue Sparrowes or Larkes.

TAke the best of Mutton broth, and put it in a Pipkin, and put to it a little whole Mace, whole pepper, Claret wine Parcy golde leaues, Barberies Rosewater Uergious, Sugar and Marrowe or els sweete Butter. Perboyle the Larkes before: and then boyle them in the same broth and lay them vpon Sops.

To boyle a Duck.

SEethe the Duck with some good Marrow bones or Mutton, and take the best of the broth, and put therin a few Cloues a good many sliced onions, and let them boyle well togither till the Onions be tender, and then season your broth

with Vergious, and a little Sugar, and Salt, and a little Cynes Pepper. Make up your Duck and lay it upon Sops, and giue it two slices upon the breft, and stick it full of Cloues & poure the broth upon it.

To stue a wilde Mallard.

TAke a wilde Mallard, with a piece of Mutton, and set him on the fire and let him seeth, and scum him cleane, then straine a little Wreade and put it in, slice halfe a dosen of Onions, and take whole Pepper and put it in, and season it well with Vergious, and couer it close and let it boyle till it be inoughe. Then put it in a platter and serue it without Sops.

To boyle Stockdoues.

SEethe them with Water, or Mutton. Take the beste of the brothe and put it in a Pipkin, and put there vnto Onions finely minced, and a few Corande, and so boyle them till they be very tender, and season them with Vergious, and a little sweet Butter, and poure them vpon your brochedoues when they be layde vpon the Sops.

To

To stue a hinshanke of Beefe without fruit.

BOyle your shanck of Beef very tender till the broth be almost consumed, then put the broth into a pipkin, and put to it Onions, Carrit rootes shred small, being tender sodden before, and Pepper grose beaten, Vergious, and peece a Dishe of sweet butter and so lay it upon.

To stue a Neates foot.

FIrst let your Neats foote be scalded, and made clene. Then take Onions slice them and boyle the feet in faire water. Then take half water and half wine so muche as nede to serue for the boyling of the Neats foote (which will be sufficiently inough) and put it in a pipkin. Put there in some Cloues, and a little whole Pepper, and take the Onions out of the waters they were sodden in, and put them in to the same pipkin, and the Neates foote with them til it be almost inough. Then take a little Vergious, half a dish of sweet butter and a little Sugar, and let them boyle a little together, and serue them in upon Sops.

An other to stue a Neats foot.

BOyle the Onions in Muscadell: and put therinto a fewe Currance: whole Pepper and cloues: then put in your Neats fat and boyle it tender: season it with a good peece of Butter: & when they be well boyled: laye them vpon sops and cast about your dish sugar & a little pouder of Ginger.

To boyle a Leg of mutton with Lemmons.

WHen your mutton is half boiled take it vp and cut it small peces: put it into a Pipkin, and toner it close: and put therto of the broth: as much as shall couer your Mutton: your Lemmons being sliced very thin and quartered: and currance: put in pepper grose beaten, and so let them boyle together, and when they be well boyled: season it with a little Vergious, Sugar, Pepper grose beaten, and a little sanders, so lay it in fine dishes vpon sops. It will make thy messe for the table.

To boyle Mutton with Endiue, Borage, or Lettice, or any kinde of hearbs that may serue therunto.

When

When your Mutton is well boyled. Take the best of the broth, and put it in a Pipkin: and put therto an handful of Endive leaues, or what herbs you list and cast therto a feiw Currans, and let them boyle wel, and put therto a piece of vpper crust of white bread, season it with Pepper grose beaten, and a little Vergious, and a little Sugar, and so poure it vpon your meat.

To boyle mutton for a sick body.

Put your Mutton into a Pipkin, lithe it and scum it cleane, and put therto a crust of Bread, Fenel rootes, Percely Roots, Currance, great Raisins: (the stones taken out) and herbs according as the patient is. If they be colde hot herbs may be borne: If they be hot: colde herbes, be sure as Endiue, Sinamon, Violet leaues, and some Borax: let them boyle together. Then put in Prunes, & a very little salt. This is broth for a sick body.

To make balles of Mutton.

Take your Mutton and mince it very fine with suet. Then season it with Sugar, Sinamon, Ginger, Cloues and

spice, salt, and raw Eggs. Make it in round balles. Let your broth boyle ere you put them in. Make your broth with Veale, bones quartered, whole Mace and salt. Then it with yolkes of Egges, and Vergious, and serue it vpon sops.

How to boyle Pigs Petitoes.

TAke your Pigs feete, and the Liuer, and Lights, and cut them in small peces. Then take a little mutton broth and apples sliced, Currans, sweet butter, Vergious, and grated Bread. Put them altogether in a little pipkin, with salt, and Pepper. Perboyle your petitoes, or euer you put them in your pipkin, then when they be redy: serue them vpon sippets.

To make a Cock for a weak body that is consumed.

TAke a red Cock that is not to olde, and beate him to deathe, and when he is dead, lay him and quarter him in small peces, and beate the bones euery one of them. Then take the rootes of Fenel, per-

cely

sorrel, and Bettony, whole leaues, and a good quantity of Borage, put the Cock in an earthen Pipkin, and between euery quarter lay rootes, hearbs, Currance, whole mace, Nuts sliced, dates slit, and stoned, and Liquorice being scraped, and sliced and so fill your Pipkin with all the quarters of the Cock. Put in a quarter of a pinte of Rosewater, a pinte of white wine, two of three Dates. If you put in a peece of Suet, it will be the better, and half a pound of Prunes, and lay a coner vpon it, and stop it with Dough, and set the Pipkin in a pot of seething water and so let it stande there xij. houres with a fire vnder the brasse pot, that is standeth in, & the pot kept with liquor xij. houres.

When it hath sodden so many houres: then take out the pipkin, put it open, and put the broth cleare into a Pot, and giue it vnto ỹ weak person morning & euening.

To make a Hodgepodge.

BOyle a neck of Mutton or a fat rumpe of Beef, and when it is well boyled take the best of the broth and put it into a Pipkin, and put a good many Onions to it

it two handful of marigold flowers, and a handful of Percely fine picked, and grated and not to small, and so boyle them in the broth: and thicke it with strained Bread: putting therin grose beaten pepper, and a spoonefull of Vinagre: and let it boyle some what thicke, and so lay it upon your meat.

To make puddings of a swine.

TAke the blod of the Swine, and swing it, then put thereto minced Onions largely with Salt, & the fleet of the Hog minced. Then take the guttes clene washed, and stuffe them with the aforesaide stuffe: and so seeth them. Then broile them upon the Coles and serue them forth.

To make white Puddings of the Hogges Liuer.

YOV must perboyle the Liuer: and beate it in a morter, and then straine it with Creame: and put therto six yolkes of Egges, and the white of two Egges, and grate halfe a halfepeny lofe, of light Bread, and put it therto with small Rai-

sins

and Dates: Cloues: Mace: Sugar: Saffron: and the liuer of Beef.

To Enarch with Otemele grotes.

Take a pinte of Creame and seethe it, and when it is hot: put thereto a pinte of Otemele grotes: and let them soke in it all night: and put thereto viij. yolkes of Eggs: and a little Pepper, Cloues, mace and Saffron, and a good deele of liuer of Beef: and small Raisins and Dates, and a little Sugar.

To make Liuerings of a Swine.

First parboyle the liuer: then stamp it in a Morter: and when it is small inough: put it in a vessel: & put to it fiue yolkes of Eggs pepper: cloues and Mace and Salt. Then take your Guttes clene washed: and stuf them with the forsaid stuffe: then boyle them, that done serue them forth.

How to make a pudding in a Turnep root.

TAKE your Turnep rot: and wash it faire in warme water: and scrape it faire

faire, and make it boyle as you doe a Carret rot, and make your stuffe of grated Bread, and Apples chopt fine, then take Corance, and hard Egges, and season it with Sugar, Sinamon, and Ginger, and yolkes of hard Egges, and so temper your stuffe, and put it into the Turnep, then take faire water, and set it on the fire, and let it boyle or ever you put in your Turneps then put in a good peece of sweete Butter, and Claret wine, and a little Vinagre, and Rosemarye, and whole Mace, Sugar, and Corance, and Dates quartered, and when they are boyled inough: the will they be tender, then serue it in.

A Pudding in Egges.

TAke and boyle your Eggs hard, and blanch them, and cut off the crowne, of them, and take them of the yolkes and chop them, Beetes boyled, and the yolkes of hard Eggs, grated Bread, and Corance, Salte, Sugar, Sinamon and Ginger, and then put the yolkes of rawe Egges and mingle them all togither.

Then put in your Egges. Then by your broth take little mutton broth, Corance,

raunce, Dates, sugar, & little salt & butter. Thicken it with yolkes of Egges, Uergious, and a little sugar, so serue it in.

A pudding in a Tench.

TAke & your Tenche and draw it very clene and cut it not ouer lowe. Then take beets boyled, or Spinage, & chop it with yolkes of hard Eggs, Corance, grated Bread, Salt, Pepper, sugar and Sinamon, and yolkes of raw Egges, and mingle it togither, and put it in the Tenches belly. Then put it in a platter with fayre water and sweet butter and turn it in the platter and set it in the Ouen, and when it is inough: serue it in with sippets and poure the licour that it was boiled in vpon it.

To make a pudding in a Caret root.

TAke your Caret roots & scrape it faire then take a fine knife & cut out all the meat that is within the root and make it holow. Then make your pudding stuf of the liuer of a Goose or of a pig, with grated bread, Corance, Ricues & mace, dates pepper, Salt, & Sugar, Chop your Liuer very

berry small, and pe boyle it are you chop it: so doun: put it in your holowe rost. As for the broth take mutton broth with currance, Carets slitte, Salte: whole Mace, sweet butter: Vergious & grated Bread: and so serue it forth upon sippets.

A pudding in a Cowcumber.

TAke your Cowcumber and cut out all the meat that is within it, then take a Liuer of a Lamb or Pig and Grapes or Goseberies, and grated Bread, Pepper Salt, Cloues and Mace: and a little Suet, and the yolkes of thre Egges: & mingle altogither and put in the Cowcumber and let your broth boyle or euer you put it in. The broth must be made of Mutton broth. Vinagre & Butter, strained bread and Salt and so serue it out.

How to dresse Neats tungs.

FIrst boyle them till they be very tender, then make tostes of breade: and toste them till they be very black the wash the same tostes, in faire water and put them in a faire earthen Vessell. And then put to them flesshe broth, Vinagre, red

red wine, Sinamon and Ginger, & strain these altogither: so that it be not to thicke and put thereto sugar and salt: and boyle all thise togithor. Then cut your tungs in faire lesshes, and so fryé them in sweet Butter, and that don, put the lesshes in to your sauce and then let them boyle wel togither and so serue them with the same sauce.

A broth for a neats tung.

TAke Claret wine grated Breade Corranes, sweet Butter, Sugar, and Sinamon, boyle them altogither. Thé take the neats tunge and slice it and so lay it in your dish with sippets and serue it in.

A boyled Sallet.

TAKE Spinage and boyle it and chop it and when it is chopt: poure it in a litle Pipkin, with Corance swéte Butter, Winagre: and Sugar, boyle them altogither, and when they are boyled put it in a Dishe, and lay sippets round about and strewe Sugar vpon them and serue them out.

For Fishe.

To sethe a Pike.

Scoure your Pike with bay salt, and then open him on the backe, & so washe him and then make a little white salte upon him. Set on faire water well seasoned with salte. When this licour setheth: the put in your Pike and faire scum it, then take the best of the broth when it is sodden and put in in a little Chafer or Pipkin, and put therto parcely, and a little Time, Rosemary, whole Mace, good Pepper, and halfe a ounch Vergious, as you haue licour, & boyle them togither, and put in the Liuer of the Pike and the kel (being clene scaled & washed) and let them boyle well.

Then season your broth wt pepper grose beaten, with Salt not to much, because your licour is salt that your Pike is boyled in. Put therin a good peece of fresh butter, and season it with a little Sugar that it be neither to sharpe nor to swete.

So take vp your Pike and lay it vpon Sopps the skinny side vpward and so lay your broth vpon it.

A Pike sauce for a Pike, Bream, Perch, roche, Carp, Flounders, and all manner of Brook Fishe.

TAke a posie of Rosemarye and Time, and binde them togither, and put in also a quantity of Percely not bounde, and put it into a Caudron of water, salte, and salt, and the herbs, and let them boyle a pritty while, then put in the Fishe and a good quantitie of Butter, and let them boyle a good while, and you shall haue your Pike Sauce. For all these Fishes aboue written if they must be broyled: take sauce for them, Butter, Pepper and Vinagre, and boyle it vpon a chasingdish: and the lay the broyled fish vpon the dish, but for Eeles and fresh Salmon: nothing but pepper and Vinagre ouer boyled, and also if you will frye them: you must take a good quantitye of Percely, after the fish is fryed, put in the percely, into the Frying Pan, and let it frye in the Butter, then take it vp, and put it on the fryed fishe, as fryed Place, Whiting, and such other fish, except Eeles, fresh salmon and Conger, which be neuer fried: but baked

boyled rosted and sodden.

How to seeth a Carp.

Cut the throte of your Carp, and save the blod in a sawcer, & take your carp and scoure him with Salt, take out ȳ gal and the Guttes, and leave the Liver and the fat in the belly of the carp, set on your licour, Water and Salte to seeth him and when your licoure seethes : put in your carp or ever he be dead, and take good hed for springing out of the pan, for it is ever good to sethe Fish quick for it maketh the fish to eat hard.

Take the best of the broth and a little red Wine, good store of Vergious, newe Yest, with the blod of the Carp strayned & so put it in a pipkin with corance, whole Pepper and boyle them altogither. Put therto half a Dish of sweet Butter, and a little Time, and Barberies if you have them. And when they be well boyled: season it not to sweet nor to sharpe, and then poure it upon your Carp.

To seeth Roches, Flounders or Eeles.

Make

MAke ye good broth with new Yest. Put therein Vergious, Salte, Perselye, a little Time, and not much Rosemary, and Pepper. So let it vpon ỳ fire and boyle it, and when it is well boyled: put in the Roches, Flounders, Eeles and a little Swart Butter.

To seeth a Gurnard.

OPen your Gurnard in the back, and faire wash and seeth it in water, and salt, with the fishy side vpward.

And when it is well sod: take some of the best of the broth if you will or els a little faire water, & put to it new Yest, a little Vergious, percely, rosemary, a little time, a peece of swart Butter and whole spice, and let it boyle in a pipkin by it self til it be well boyled. And then when you serue in your Gurnard: poure the same broth vpon it.

To seeth a dory or a Mullet.

MAke your broth light with yest somewhat sauery with Salte, and put therin a little Rosemarye, and when it sethes: put in your Fishe and let it sethe

very softly. Take faire water and Vergious a like muche, and put therto a little new Yest, Corance, whole pepper and a little Mace, & dates shred very fine and boyle them wel togither. And when they be wel boyled: take the best of your broth that your fish is sodden in, and put to it Straweberyes, Gooseberyes, or Barberies, swéete Butter, some Sugre, and so season up your broth, and poure vppon your Dozry or Pullet.

To seeth Turbut or Cunger.

SEt on water and Salte, and season it well. If the Turbut be great: quarter him into fowre quarters. If it be small: cut him but in halfe. If it be a Burt: séeth it whole after this sort.

When your Licoure doth sæthe: put in your fish and let it sæth very softly til it be sodden inough, and when it is sodden: take it not vp til the licour be colde. Then take halfe white Wine, with Vinagre and the broth that it was sodden in, and lay the fish in it to souce. Cungar, Sturgion, and all Fish that is to be souced, in like manner, saving you must sæth your

Sturgion

Perdegion in water, and salt, and boyle it with white Wine.

How to seeth Shrimps.

TAke halfe Water and halfe Beere, or Ale, and some Salte good and savery and set it on the fire and fair scume it, and when it seethety a full wallop: put in your Shrimps faire washed, and seethe them with a quicke fire, scum them very clean, and let them haue but two waimes. Then take them vp with a Scummer, and lay them vpon a faire white cloth and sprincle a little white Salt vpon them.

Bake Meates.

For fine Pyes of Vele or Mutton.

PArboyle your Meate and shredde it small: and shredde your Suet by it selfe. When your Suet is fine shredde: put it to your Mutton, or Veale, and mince them togither. Put thereto halfe a dosen yolkes of Egges being hard sodden and fine minced, small Corance, Dates fine minced. Season it with Clo-

nes and Mace, Cinamon and Ginger, a very little pepper, a hādful of Carawayes Sugar and Uergious and some Salt, and so put it into your paste being Chewets or Trunk pyes.

For Pyes of Mutton or Beefe.

SHredde your meate and Suet togither fine. Season it with Cloues, Mace, Pepper and some saffron, great Raisins, Corance, and Paunes, and so put it into your pyes.

To bake Neats tung.

SEethe your Neats tung very tender, and slice it Diamonde slices, Washe it with Uergious, season it with Pepper and Salt, Cinamon and Ginger.

Then lay it into your Coffin with corance, whole Mace, Onions being very small minced, with Marowe or else very sweete Butter, some Sugar, and some Dates being very small minced, and put them in some Uergious.

To bake a Pigge.

TAke your Pig and flea it, and waive out

out all that clean which is within his belly and wash him clean and perboyl him, season it with Cloues, Mace, Nutmegs, pepper and Salt, and so lay him in the paste: with good store of Butter. Then set it in the Ouen til it be baked inough.

To bake a gammon of Bacon.

TAKE your Bacon and boyle it, and stuffe it with Perrely, and Sage and yolkes of hard Egges, and when it is boyled: stuffe it and let it boyle againe, season it with pepper, Cloues and Mace, whole cloues stick fast in, so then lay it in your paste with fait Butter.

To bake Chickens.

SEason them with Cloues, Mace, Sinnamon, Ginger and some Pepper.

So put them into your Coffin, and put therto Corance, Dates, Prunes, & sweet Butter, or els Parow.

And when they be half baked: put in some Sirup of Vergious, & some Sugar, shake them together and set them into the Ouen againe.

Bake Sparowes, Larkes, or any

kinde of small birds, calues feete or sheeps tungs, after the same manner.

To make a Chickin Pye.

SCalde the Chickins, drawe them, and pull out the breste bones. Then season them with Cloues and Mace, pepper and Salt, and if you haue them Grapes, or Gosleberies, when you haue so done: make paste of fine flower and put in your Chickins, and set thē in the Ouen. Then boyle foure Egges hard, then take the yolkes and straine them with Vergious, and put Sugar therto and put it into your Chicken Pye when it is half baked And when it is ready to be serued in: annoynt it ouer with Butter, Sugar and Rosewater. Then put it into the Ouen till you serue them in.

To bake Chickens without fruit.

SEason your Chickins with Cloues, mace, and pepper. Lay them into your paste with sweet Butter, Gosleberies sugar, & whole Mace. And when they be well baked: put therto Vergious, and yolkes of Egges strained, shake them together

gither and set them into the Ouen again.

To bake Pigeons.

SEason them with Pepper, Salte, and Vergious, and laye them in your paste and put to them swéete Butter, Goseberryes, and two or three spoonefull of Vergious.

To bake Crane or Bustard.

FIrst take him and perboyle him a litle, and then take swéete Larde and Lard him with all, then put it into ỹ Coffin, and take Pepper and Salt, and season them togither and cast it vpon it, and take Butter and put it into the Coffin, and so let it bake the space of foure howres and serue them forth.

To bake Geese or Capons.

SEason them with Pepper and Salte, put Butter thereto, and pricke your Gose with some Cloues.

To bake Turky Fowles.

CLeue your Turky foule on the back, and louse al the bones. Season it with Pepper

Pepper grose beaten and salte, and put into it good store of butter. He must haue fiue houres baking.

To bake Fesant or Partriges.

BAke your Fesant or Partrige, as you doe your Capon, with Pepper, and salt and drawe them with Larde if you wil, and put to them sweet Butter.

How to bake sparrowes or other Small birdes.

MAke paste of fine floure Egges, butter and faire water, therof make coffins, then season your Birdes with Sugar and Ginger. Then take good cheese, clene scraped and small minced with a little Butter, & put them into your coffins: and put therto your Birds, and close it til it be inough.

To bake a Capon or Chickins.

TAKE paste as is aforesaide, and season the Capon with Ginger Salt and Cloues. Then take Larde and mince it meetlye small: and put that

first

first into the Coffin. Then put your Capon into it with ỹ best butter in, so close it and bake it, and when it is almost inough; put into it the yolkes of three or foure Egges strained through a strainer, with a little Vergious, and so let it stand till it be inough.

To bake wild Duckes.

WEather they be rosted & perboyled season them with Pepper and Salt, a few whole Cloues amongst them, and Onions small minced, and sweet Butter, Vergious, and a little Sugar.

For to bake Mallards.

FIrst season them and perboyle them and put them into the Coffin. Then take Pepper and Salte, and season them, and foure or fiue Onions perled and sliced, & put them altogether with a good peece of sweet Butter into the Mallards and so let them bake two houres, & when they be baked put in halfe a gobiet of Vergious for euery Mallard, and so serue them.

C 4 Pore

How to bake Pyes of Calues feet.

TAke Calues feet and washe them, boyle and blanch the haire of them, season them with Cloues and Mace and a little Pepper, Vergious, and Sugar, Dates, Prunes, Corance and sweete Butter. Then make your paste of fine flower with yolkes of Egges, and raise the Coffin square. When it is halfe baked: then take it out and put in Vergious and sugar with the yolkes of hard Egges strained, &c.

How to bake Conies, Rabets or, Hares, with fruit or without fruit.

SEason them with Pepper and Salte, Cloues and Mace, and so laye them in to your paste, with Corance of Prunes, great Raisins and if you will butter and a little Vergious.

To bake small meats.

TAke Egges and saethe them hard, then take the yolkes out of them and bray them in a Morter, and temper them with Creme and then strayne them, and put to them Pepper, Saffron, Cloues, Mace,

Pace, small Raisins, Almondes blanched and small shred and grated Bread.

Take Peares also sodden in Ale, and bray and straine them with the same Licour, and put thereto Wastard and Honey, and put it into a pan and stir it on the fire til it be wel sodden. Then make little coffins and set them in the Ouen till they be hard, and then take them out againe and put the foresaide Licour into them and so serue them forth.

To make small bake meates of Strup and Peares.

TAke Peares and seethe them in Ale, then bray them and strain them and put Sanders to them and Ale. with the spices aforesaide, and the Coffins in likewise ordered, and so put in the strup.

How to bake Venison.

WHen it is perboyled: season it with salt and pepper, somewhat grose beaten and a little Ginger, and good store of sweet Butter. And when the Venison is tender baked: put to it half a dosen spoonfull of Claret wine, and shake

it well togither.

To bake Venison to eate hot.

CUt the Venison in faire peeces, the quantitie as you will haue your Pasties and perboyle it, that done stick the graine side full of Cloues, and Larde the lene side with good Lard, & season it with Pepper, Salt, and all manner of Spices. Then put the grained side of the Venison downwards into ỳ Coffin of browne paste and so close it & bake it, and when it is open turn the grain side vpward.

To bake Venison to eate colde.

TAke Venison and cut it as the grain goeth, and cut it in quantitye as ye will haue your Pasties, and perboyle it in faire water. Then take Lard and cut it in length of your flesh, and therwith lard it as thick as you can, so that one peece of the Lard touch not an other.

Then take all manner of spices, salt, and Vinagre, that done: put it into browne paste and bake it.

To

To bake Venison of red Deere.

LAy it in Water, and then washe it very cleane out of the Water, if it be leane: drawe it with Larde, then take Pepper and Salt, & give it inough: then take meale and sifte it, and take some liecour and let it boyle and make your paste with that. Then take Beefe suet, mince it and beat it. Wyne out your paste verythick: close it and let it bake six houres. When it is halfe baked: take Cloues and Mace and Vinagre, and so boyle them together: put them into your red Deere, at a little hole made for that purpose.

And when you haue so done: stop the hole with some of the same dough, & then set it in again vntil it be inough.

To bake Venison of Fallow Deere.

LAye it in Water and washe it very cleane. Then perboyle it: if it be of the side: raise the skin of it: if it be of the haunch: presse it: season it with Pepper and Salte. Take good store of Dryet and mince it very fine, when you haue

minced

minced it beate it. Then take Flower, Butter and Egges, and make your paste tiffe, then drine it out, & then put in your Suet and Venison and close it.
Then take the yolk of an Egge and a little Beere and wet it ouer, and let it bake foure houres and then serue it in.

To bake the Vmbles of a Deere.

MInce them very small with Suet and season them with Pepper, a little Ginger, a little Sinamon and Corrances, and put into your paste. And when your pye is baked: put to it two spoonfuls of Claret wine, and shake it wel togither.

To Bake a Pig like a Fawne.

FLay him when he is in the hair, season it with pepper and Salt, Cloues and Mace. Take Claret wine, Vergious, Rose water, Sinamon Ginger and sugar. Boyle them togither, lay your Pig flat like a Fawne or a Kid, and put your sirup vnto it and sweet Butter, and so bake it leisurely.

To

To make Florentines.

TAke Vele and fume of the kidnei of the Loyne, or elde Veale rosted or a Capon or Pheland, which of them you will, and mince it very small with fine Suet, put vnto it two or three yolkes of Egges, beating part the Cytrons & Dates small, season it with a little Synamon and Ginger, a very little cloues and grans, very a little fruites and Sugar & litle Wine vp bring them by them.

Make your paste fine with Butter and yolkes of Egges, and Sugar, role it very thin and so lay it in a platter with Butter vnderneath and so cut your couer and lay it vpon it.

A Florentine of Flesh.

TAke the Moneths of Veale and chop them very small with Cytrons, Dates, Synamon and Ginger, Sugar, Salte and the yolkes of three egges and mingle all togither and make a fine paste with yolkes of Egges and Butter and let there be Butter in your Dish bottome: then vine them to small Cakes, and put one in the dish bottom & lay your

meat in. Then lay your vther vpon your meat, and close them together, and cut the couer of it when it is baked, then strew Sugar and serue it out.

A Florentine of Fish.

TAke Apples, grated Wyand, Currans, and chop your Apples very fine and mingle your stuffe with yolkes of Egges, and drie out your paste as you do the other, put Butter in your Dishe bottome and so serue it out.

To make Florentines with Eeles, for Fish daies.

TAke great Eeles, flaye them and perboyle them a little, then take the fishe from the bones, and mince it small with some lourdens amongst it, to make it to mince small, and season it with Cloues and Mace, Pepper, Tosance and Dates. And when you lay it into your paste: take a little fine Sugar and laye it vpon, before you couer it, and when it is half baked or altogether: laye a peece of cleare Butter vppon the couer and a little Rosewater and Sugar. After the same manner,

manner, minced pyes of Colen.

To make a Florentine.

TAke the kidney of Veale and boyle it a little, chop it very fine. Then take Cloues, Mace and Pepper, and season it with all. Then take Prunes, Corrans, and Dates, & put them in with Marrow.

Then take an Ounce of Biskets and a hunch of Carpinaves, and put into your Paste. Make your paste of fine floure, butter, Egges and Sugar, & drine your paste very thin, and lay a sheet of paste in a dish and vnder it lay a little Butter, and spred it abroade with your Thumb. Then laye your meat aloft on it in the Dishe. Then wrie the other sheet and cut it and lay it vpon your meat.

Then close it and cut it rounde about like a Starre, and set it in the Ouen and let it abide a quarter of an houre.

Then take it out and wet it ouer with Butter. Then cast Sugar wet with Rosewater vpon it, then set it into the Ouen againe a little while: then take it out and serue it in.

How to make Chuets.

TAKE Veale and perboyle it and chop it very fine. Take Beefe Suet and mince it fine. Then take Prunes, Dates & Corrance, with them very cleane and put them into your meat. Then take Cloues, Mace, and pepper to season your meat with. Then a little quantitye of fine Verjuice and Sugar, two ounces of billets, and as many of Carowaies: this is the seasoning of your meats. Then take fine flowre, yolkes of Eggs, and Butter, a little quantitye of Rosewater and Sugar. Then make little Coffins for your Chuets and let them bake a quarter of an houre, then wet them ouer with Butter, then strow on Sugar and wet the Sugar with a little Rosewater, and set them in to the Ouen again, then take and serue fine in a dish.

How to make Vaunts.

TAke the kidney of Veale and perboyle it till it be tender, then take and chop it small with the yolkes of three or foure Eggs, then season it with Dates small cut, small Raisins, Ginger, Sugar

gar, Sinamon, Saffron, and a little salt, and for the paste to lay it in: Take a dozen of Egges, beate the whites and the yolkes, and beate them well together, then take Butter and put it into your frying pan, and fry them as thin as a pancake, then lay your stuffe therin, and so fry them together in a pan. Then cast Sugar & Ginger upon it, and so serue it forth.

How to make Peacods.

FIrste make short paste with yolkes of Egges, Butter and a little Sugar.

Take for the stuffe, Marrow, small Raisins, Dates, Sinamon, Sugar, and Ginger, and then fry them with sweete butter, and when you serue them, cast on Sugar and Sinamon.

How to bake Fish whole.

WAsh the fish fayre and clean, season them with Mergions, Pepper, and salt, Cloues and Mace, and put to them Currans, great Raisins and Prunes, sweet Butter and Mergions.

To bake Lamprons.

Wash, scour them or slaye them, and season them with Pepper and Salte, and put to them some Onions, Vergious, Water and Butter.

How to bake Lamprons fine.

Put to them small Raisins and Onions minced very fine, and Dates minced fine, a little whole Mace, some Prunes, if you will Butter, and Vergious.

How to bake a Lamprey.

When you have sleyed and washed it clean, season it with Pepper, and Salt, and make a light Gallandine and put to it good store of Butter, and after this sort you must make your Gallendine. Take white Bread and Toste them in Rapin Claret wine, or els in Vergious, and so strain them with Vinegre, and make it somewhat thin, and put Sugar, Cinnamon and Ginger, and boyle upon a Chasing dish of Coles, this Gallandine being not too thick: put it into your pye of Lamprey, and after this sort

shall

shall you bake Poyntes or Puddings.

To bake Carp, Bream, Mullet, Pike, Trout, Roche or any other kinde of Fishe.

SEason them with cloues and mase and pepper, and bake them with small raisins, sweet Butter and Verjuice, great Raisins and some Prunes.

How to bake a Holybut head.

FIrste water it till it be fresshe, then cut it in small peces like Culpines of an Eele, and season it with Pepper and Saffron, Cloues and Mace, small raisins and great, and medle all these well together, and also put thereto a good messe of Verjuice and so bake the same fish.

How to bake Conger.

SEason it with Pepper and Spices, and make your Pyes but enoit must be your gubbin, and put to it sweet butter, and let it not be to byge.

To bake a Stockfishe.

SEason your Stockfish with pepper and salt, and lay it into the paste, and put good store of butter to it, and shred onions small, and parsley, and cast it upon the Stockfish, and put a little Vergious unto it and bake it tenderly.

How to bake watered Herrings.

LEt your Herings be wel watered, and season them with Pepper and a little Cloues and Mace, and put unto the minced Onions, great Raisins and Suckets, a little sweet Butter, and a little Sugar and so bake them.

How to bake Custards.

TAke to every pinte of Creame 5. fine Egges, and put in no whites, and straine your Creame and Egges together, season it with Cloues and Mace: and Sugar, and when your paste is wel burned in the Ouen hauing swall Raisins and Dates put in your Custes, and let it not bake to much, for ouche baking will make your Custard to quaile, or els to fall.

Doucets after the same sort.

How to bake Wardens.

COze your Wardens, and pare them and perboyle them and laye them in your paste, and put in every Warden, (where you take out the Core a Clove or two) Put to them Sugar, Ginger, and Synamon more Synamon then Ginger, make your Crust very fine and somewhat thick, and bake them leisurely.

How to bake Quinces.

TAke half a pounde of Sugar, and a dosen of Quinces and pare them. Take halfe an Ounce of Synamon and Ginger. Take fine flower, sweet Butter and Eggs, and make your paste. Then put in all your stuff and close it up.

Another to bake Quinces.

COze your Quinces, and fayre pare them and perboyle them in seething Licour, wine or water or halfe wine and halfe water, and season them with Synamon and Sugar, and put halfe a dosen Cloves into your pyes amongst them and

and halfe a boffen ſpoonfull of Roſe-water, put in good ſtore of ſugar. If you will bake them a lighter way you may put in muſcadel to ſtore ſugar.

How to bake Orenges.

FAire pele your Orenges, and pick away all the white that is under the pele and ſo lay them in fine paſte, and put into them ſugar, very little Cinamon or none at all, but a little Ginger and bake them very Leiſurely.

Roſte Meates.

To Roſte Veniſon.

FIrſt perboyle it, and then make it tender, caſt into it cold water, then Lard it and roſte it, and for ſauce: take both, Vinagre, Pepper, Cloues and Mace, with a little ſalt, and boyle theſe together and ſtrain it upon your Veniſon.

How to roſte a Hare.

FIrſt him in faire water, then perboyle him, and lay him in cold water againe,

gaine, then Larde him and rolle him on a Broche. Then to make sauce for him take raw vinegre, salt, pepper, ginger, cloues, Mace, and put them together.

Then mince apples and Onions, and fry them in a Pan. Then put your sauce to them with a little Sugar, and let them boyle wel togither, the baste it vpon your Pare, and so serue it forth.

To roste a Capon.

YOu must roste a Capon with his head off, his wings and Legges on whole.

Roste a Phesant,

¶ As a Capon and when you serue him in: sticke one of his feathers vpon his Wyeld.

Partrige as a Phesant but no Fether.

Roste a Quaile.

With his Legges broken and knit one within an other.

Roste a Crane.

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With his Legges turned by behinde him, his winges cut of at the lowst ioint the body and then winde the necke about the broche and put the bil into his breſt.

¶ Heron, Curiew and Bitter as a Crane but the Bitters head muſt be of.

Roſte a Plouer.

With his head of, and his Legges turned vpward vpon his back.

Roſte a Snite.

With his Bill put into his breſt, and his Legges turned vpward vpon his breſt.

To Roſte Woodcocks.

FIrſte plucke them, and drawe out the Guts, leaue the Liuer ſtill in them, then ſtuffe them with Lard chopped ſmall, and Jenoper beryes, with his bil put into his breſt and his feet as the ſnite and ſo roſte him on a ſpit, and ſet vnder it a faire large Pan with white wine in it, and chopped Percely, Vinagre, Salt, and Ginger. Then make toſtes of white

bread

Wyne, and toste them vpon a Gredyron, so that they be not brent, then put these Moules in a Dish, & lay your Marrow vpon them, and put your sauce the same broth vpon them, and so serue them forth.

To make Allowes of Eeles.

TAke and splat an Eele by the back and kep the belly whole and so take out the bone. Then take Onions, parcelye, Time and Rosemary, chopped together, and put there pepper and salt, and fill the Eele therwith, and so lay it vpon the Gredyron and then wrap it vp in Culpins, and put them vpon a Spit and so roste them.

To make a Fryeace of colde Mutton or Veale.

CHop it the small and frye it in sweet Butter. And then put thereto a little white wine, Salt, and Ginger and serue it forth in faire dishes.

To make a Fricace of Gooce giblets or Hennes or Capons.

FIrste cut them in prety peces, and so

boyle them in water till they be tender, then frye them in Butter, and so serue them forth with poulder of Ginger, and Salt.

To make a fricace of a good Haddock or Whiting.

FIrst seeth the fish and scum it, and pick out the bones. Take Onions, and choppe them small, then frye them in Butter or Oyle till they be inough: and put in your fish and frye them til it be dry that done serue it forth with powder of Ginger on it.

To frye Whitings.

FIrst slay them, and wash them cleane and scale them, that done slay them in Floure, and frye them in Butter or Oyle. Then to serue them, mince Apples or Onions and fry them, then put them into a vessel with white Wine, bergious, Salt, pepper, Cloues and Mace, and boyle them together on the coles and serue it upon the Whitings.

To

To make an Apple Moise.

ROste your Apples very faire, and when you haue so don: péele them and straine them with the yolk of an Egge or twain and Rosewater, and boyle it on a Chasingdish of Coles with a péece of swéet Butter, put in Sugar and Ginger, and when you lay it in your dish cast Sinamon and Sugar on it.

To make a dish of Snow.

TAke a pottle of swéet thicke Creme, and the white of eighte Egges and beate them altogither with a spone, then put them into your Creme with a Dishfull of Rosewater and a dishful of Sugar with all, then take a sticke and make it viene, and then cut it in the ende square, and therwith beat all y stuffe thinges togither, and euer as it ariseth take it off and put it into a cullander, then take a platter and set an Apple in the middest of it, and stick a thick bush of Rosemarye in the Apple. Then cast your stuffe vpon the Rosemary and fill your platter therwith. And if you haue Wafers: cast some withall, and thus serue them forth.